HIGHLANDS CROSBY

Star & Cunter

Serving Highlands, Crosby, Huffman and Surrounding Communities since 1955 • www.starcouriernews.com

VOL. 68, NO. 14 - 50¢

© Copyright 2021

THURSDAY, APRIL 8, 2021

P.O. DRAWER 405, HIGHLANDS, TEXAS 77562

IN THE

EVENTS

APRIL 11, SUNDAY Speedboat Races in Highlands

Annual competition for Speedboat Racing, at the Baytown Boat Club in Highlands

April 17 & 18 Gun & Knife Show Legion Post 658

Vendors Contact Gary Alston (281) 328-1814 or write commander @legionpost658.org. See Page 2 for Details. Proceeds support Post 658, local veterans, community projects, and scholarships. Admission \$5, accompanied kids under 12 free.

COVID-19

Cases as of April 6, 2021

HOUSTON AREA 19 COUNTIES

622,067 POSITIVE 6,510 DEATHS 573,978 RECOVERED

TEXAS

2,810,317 POSITIVE 48,812 DEATHS 21,682,763 TESTS

UNITED STATES

30,835,220 POSITIVE 556,391 DEATHS 399,706,574 TESTS

WORLDWIDE

132,135,010 POSITIVE 2,866,016 DEATHS 75,075,069 RECOVERED

BIRTHDAYS

Apr 9 – Casie Russell Damon Lay Mitchell Thompson Apr 10 – Wendi Owens Apr 11 – Paul Bailey Teresa Barker Richard Lyons

Apr 11–Ashliegh Oviedo Apr 12-Rlylee Clamon Apr 13-Cameron Hosea Apr 15–Harry Stewart

Cherie Zarsky Apr 16--Louis Marie Bradbury Morgan Little Jason Roffe

ANNIVERSARIES

Apr 9–Robert & Delan Matthews Joshua & Kaylee Bradley

Apr 10–Rod & Anita Davis

Apr 17- Roy & Pauline Cutbirth Apr 19–Vance & Cecilia

DEATHS

Norma Jean Sasser, 82, Houston

Greenwade Memorial Brunch



Harris County Precinct 3 Constables remember Chief Deputy Clinton Greenwade who died from gunshot wounds at the Harris County Courthouse Annex that now bears his name at a brunch here Saturday. April 3 shortly before 7:00 a.m. in 2017 a shooting is now remembered in a dedication stone to the victim that devoted so much of his life to the service of others. Sterling-White Cemetery donated a melrose black granite stone designed by a Precinct 3 memorial committee and made to bear Greenwade's likeness with those of the badges that he served in over 3 decades in law enforcement. MORE on Page 5.

Body found behind Highlands church



Harris County Crime Scene Investigators examine a body found in Highlands.

HIGHLANDS – Harris County Sheriff's Office investigators said the body of a young adult male was found dumped along a fenceline behind Highlands Second Baptist Church on Monday evening.

According to authorities, they got a tip at about 5 p.m. about a body that had possibly been dumped in the 400 block of East Wallisville Road, in High

Continued, see Body behind church, Page 5

San Jacinto Battle Celebration set for April 17

ANAHUAC- The San Jacinto Volunteers and the Texas Army will reenact the Battle of San Jacinto not at the location of the battle but at Fort Anahuac Park, 1704 S. Main Anahuac in Chambers County on April 17.

Admission is free, donations are welcome and no alcohol is allowed.

An unveiling of the "First Stand" will occur from 10:30 until 11:00 a.m. A monument commemorating the role of Anahuac, the first battle of the Texas Revolution, featuring art never seen in public before then.

Re-enacting the moments leading up to the



Cannon fire comes to Anahuac.

Battle of San Jacinto goes on between 10:00 a.m. until 2:00 p.m. Those in attendance can meet Sam Houston, Santa Anna and the brave soldiers that would make history. This educational feature enables questioning reenectors dedicated to understanding the ways of the early 19th Century, watch the ladies demonstrate camp cooking and survival of the Run-Away Scrape in 1836.

The Battle begins at 3

leys, pyrotechnics, musket fire, and re-enactment up to the capture of Santa Anna.

Those who attend should park by the base-ball field, They are free to bring water, chairs, and blankets. On-hand will be sanitizing stations. Social distancing and compliance with updated CDC guide-

lines is encouraged.

A fried fish and shrimp dinner is to be sold as a fundraiser for the Chambers County Museaum at Wallisville beginning at Noon but tickets bought presale get served first at 11:00. Call Marie (409) 389-2252 to reserve \$15

Reenactors will be at the location beginning Friday and packing up Sun-

DEER PARK - San Jacinto Celebration - Under the Star Celebration marks the 185th Anniversary of the Battle of San Jacinto April 17, 2021, from 10 a.m. to 5 p.m.

from 10 a.m. to 5 p.m.
Adults \$12 - Children (11 and under) \$6 - Parking is Free. Tickets include admission to all museum offerings and children's activities. Tickets can be purchased at the gate or through Eventbrite.

The celebration will take place rain or shine –

Continued, see San Jacinto Day, Page 5

Garcia's motion will bring \$3 million to fight violent crime

HARRIS COUNTY – By a vote of 5-0, Harris County Commissioners Court approved an item presented by Precinct 2 Commissioner Adrian Garcia which adds \$3 million to the Sheriff Department's budget to fight specific aspects of violent crime. Remaining Federal CARES Act money is being used to fund this initiative. The funds will be used to protect victims and reduce violent crime, stemming from the pandemic.

The additional \$3 million will be restricted to the following areas of investigation:

agation: Murder Sexual Assault Aggravated Robbery Child Abuse Domestic Violence

Warrants
"While others' rhetoric
on crime usually focuses on
making political statements solely to sell fear, I'd
rather my office concentrate on action. All too often, the loudest voices you
hear on TV would prefer to



choose to invest in programs that will actually keep people safe and hold evil-doers accountable. This is a smart use of these funds and even though the full extent of this plan can't be captured with three words on a posterboard, I'm glad to have sponsored the item."

"Fallout from the pandemic has driven a surge in violent crime across America, and Harris County has not been immune," said Sheriff Ed Gonzalez. "As residents struggle with job loss, evictions, and the everyday stress of pandemic life, we have documented a significant rise in domestic violence, child abuse, murder, and other violent crimes. So far, our proactive anti-crime efforts have helped us avoid the major outbreaks of violence that other jurisdictions have reported. I'm grate

hear on TV would prefer to Continued, see \$3 Million, Page 5

AOC helps distribute water in Houston

Brings \$5 million in Freeze Relief



After the Deep Freeze and subsequent Power and Water outages of early February, many individuals and organizations contributed to help those needing water, food and heat. In East Aldine, on February 20, New York Congresswoman Alexandria Ocasio-Cortez (AOC) joined with State Representative Armando Walle, Congresswoman Sylvia Garcia, State Senator Carol Alvarado, BakerRipley CEO Claudia Aguirre, and many others to distribute water to local residents that were unable to get water in their homes or stores. In addition, AOC raised \$5 million to help in the Relief effort.









Jeremy Rosenkranz State Farm Agent 140 S. Main Street, Highlands, TX 77562 281-426-3512 itr@ieremyrosenkranz.com





STAR-COURIER PHONES: 713-266-3444 • E-MAIL: GRAFIKSTAR @ AOL.COM • FAX: 713-977-1188



- Free 45 day Rate Lock*
- Free 45 day Rate Lock*
 Down payment as little as 3%
- Family gifts accepted for down payment or closing costs



Community

Resource CREDIT UNION



CROSBY AMERICAN LEGION POST 658 **Gun & Knife**

Sat., April 17 9 a.m. – 5 p.m. Sun., April 18 10 a.m. - 4 p.m.

Proceeds support Post 658, local veterans, community projects and scholarships

\$5 Admission, Accompanied kids under 12 free

Dealers

Early Registration Tables \$45.00, 8'feet, 6 feet \$35.00 Regular Tables \$50.00 8', 6'\$40.00 **Setup Friday morning** 8:a.m. until 10:00 p.m.

DAVID H. McNERNEY POST 658, CROSBY 14890 FM 2100

www.americanlegionpost658.org

Gary Alston (281) 328-1814 or (409) 293-2611 email:

commander@legionpost658.org

Chamber's Tees n' Tails tees off April 15



Eddie Foster announces the opening of the auction portion of the Tees N Tails as Ricky Loggins awaits his turn at the action.

CROSBY-The Crosby-Commerce hosts their annual golf tournament and crawfish and shrimp dinner on April 15 from 10:00 a.m. until 5:00 p.m. at Stonebridge of Newport, 16401 Country Club Drive.

registration, 9:00 a.m. Huffman Chamber of breakfast, and a shotgun start at 10. Then there are the hole games including longest drive, closest to the pin and Bubba Drive.

The dinner is expected to begin for some about 401 Country Club Drive. 2:00 p.m. as the Silent Auc-Featured are a 8:30 a.m. 2:00 p.m. as the Silent Auc-tion begins and is tallied at

This 29th Annual Event features a live auction that may begin about 3:00 p.m. and awards at about 4:00, Raffles are held. The meal opens to the general public of crawfish or shrimp prepared by Crawfish Shack. The meals are \$15.

Highlands SpeedBoat races set for April 11



Each year the Baytown Boat Club hosts the annual Highlands Races on Saturday afternoon. There is to be meals served for a price. No further details are available due to excellent communication.

Maximum Tax Savings



Jack Noonan B.B.A., T.R.E.B., E.A.

CRI FINANCIAL MANAGEMENT COMPANY

Tax Preparation & Consultation

All Federal, State, Foreign & Individual, Partnerships, Trusts, Estates, Corporations (C,Sub S & Limited Liability) & Payroll Tax Returns, Intuit Pro-Advisors,

Service All Businesses & Individual Taxes Specialists in getting late filers into I.R.S. Compliance Business Solutions for New Tax Rules, Regulations and Tax Audits Debt Consultation and Bankruptcy Protection as a Solution to your Debts

Other Services Rendered Bookkeeping, Computer Systems, Financial Management, Investments, Payroll, Property Rendition,

Real Estate & Business Brokerage Normal Business Hours

Monday through Friday 8:30 a.m. to Noon – 1:00 p.m. to 5:30 p.m. Saturday By Appointment

ASK FOR YOUR FREE COPY OF OUR INCOME TAX ORGANIZER JACK NOONAN, B.B.A., TREB, E.A. & STAFF IRS Enrolled License # 2018 – 65282

6400 FM 2100 North Main, P.O. Box 1428, Crosby, TX 77532-1428 Telephone (281) 328-1755 Fax (281) 328-5280

E-mail: cri.tax.jhinson@gmail.com



281-328-5869



<u> Home Health Care</u>

Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Worker, Home Health Aide, **Hospice Services**

*Physical Therapy Position Available

CALL TODAY TO SEE IF YOU QUALIFY FOR MEDICARE **FUNDED HOME HEALTH CARE**

Physical Therapy Position Available Locally owned and Operated by Tabatha and Jonathan Brady

Non-Discrimination Policy

No client shall be, on the grounds of race, color, national origin, age, sex, disability or handicap, sexual orientation, marital status, religion or status with regard to public assistance or veteran status. excluded from admission to services through Omnix Health Care Services. Inc.

> **CROSBY'S HOME TOWN HOME CARE**

SAVE UP TO \$3,500 WHEN YOU PLACE YOUR DEPOSIT BY APRIL 30TH.* CALL 832-572-5592 TODAY!





WE ARE ACCEPTING NEW DEPOSITS AND EXCEEDING ALL CENTERS FOR DISEASE CONTROL COVID-19 PREVENTION REQUIREMENTS

A perfect blend of senior living options to fit your lifestyle in a one-of-a-kind retirement community. Offering Independent Living cottages and apartments, single-story Assisted Living homes, specialty Memory Care, and a host of amenities and services, our resort-style community is surprisingly affordable.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



825 Hunt Road Baytown, TX 832-572-5592 LodgeAtPineCreek.com

Expert primary care **CLOSE TO HOME**

Houston Methodist Primary Care Group in Baytown

Our team of physicians at Houston Methodist Primary Care Group is proud to provide expert care in serving Baytown and surrounding communities. Our collaborative team offers a wide range of services to meet your primary care needs, including:

- Acute and chronic care
- · Allergy and asthma
- · Diabetes management
- Flu shots and routine immunizations
- · High blood pressure
- Preventive care
- · Weight loss management
- Women's health



Mohammad Ahmed, MD



Irfan Dadabhoy, MD



Pooja Kulkarni, MD Family Medicine



Gregory Terry, MD



SCHEDULE AN APPOINTMENT

1677A W. Baker Rd. Outpatient Center, Suite 2701 Baytown, TX 77520

houstonmethodist.org/pcg/baytown 713.394.6638

★ OPINION PAGE ★



Texas Senate Democrats Condemn Passage of Senate Bill 7

AUSTIN, TX — The Texas Senate Democratic Caucus issued the following statement on the passage today of Senate Bill 7:

"Today, the Texas Senate passed Senate Bill 7, the most significant voter suppression legislation our state has seen in decades. We aggressively fought this bill because we know it will disenfranchise racial and ethnic minority voters and voters with disabilities, including veterans.

"Every eligible Texan deserves to have their voice heard at the ballot box — regardless of their race, ethnicity, disability, gender, age, income, or party. SB 7 makes it harder for every Texan to

"If this bill becomes law, we would see more polling places close in historically disenfranchised neighborhoods and reduced voting hours — both of which would have a disparate impact on Black and Latino Texans. Poll watchers would be allowed to video record voters who are receiving assistance in voting, which the TX NAACP, MALDEF, LULAC and other civil rights organizations have warned will be used to intimidate people of color. It is unacceptable that in a state with a history of Jim Crow voter suppression laws, communities of color are once again facing disproportionate barriers to exercising their constitutional right to vote.

"The Senate Democratic Caucus stands united against this voter suppression bill that reads like the Jim Crow laws of the South. In our questions, we echoed the concerns that numerous civil and disability rights groups raised in the committee hearing last week. In addition, we offered over 20 amendments to both diminish the negative impacts of the bill and expand access to the ballot box — the vast majority of which were rejected on a party line vote.

"Texas elected officials have one primary duty: to represent the needs and voices of our constituents. Right now, Texans face serious issues — lost jobs and healthcare a year into the COVID-19 — pandemic to the damage and ongoing fallout from Winter Storm Uri. These issues affect the lives of millions of Texans and demand immediate action. Yet instead of taking action to protect Texans from these crises, our Republican colleagues have spent precious legislative time trying to silence the voices of Texas voters.

"This is not what representation looks like. This is not what leadership looks like. We call on our colleagues to put Texans over politics and prioritize tackling the challenges facing our state."

(signed)

Sushma Jasti Smith Senior Counsel

Senator Carol Alvarado (SD 6) Executive

Texas Senate Democratic Caucus



with Slim Randles

Fling into Spring

"Fling into Spring!" said our high school art teacher, Janice Thomas to herself as she headed out to pick up some groceries. "That's what I'll call it. Fling into Spring!"

She ear rumpled Woof, her deer pointer (he being half pointer and half cowdog and the herd instinct didn't work well on deer, so he points them now. His tail didn't work for a week.)

She took off down to the Soup 'R' Market and waved to Annette, who masked up and brought her groceries out to Janice's car. Yes, even here.

"What do you think of Fling into Spring, Annette?"
"Love it, Janice," she said. "That's why I picked it."
Janice tried to look puzzled through her mask. "You icked it?"

"You know \dots for the high school picnic theme this year. I'm helping with the planning. But you must've heard about it."

it."

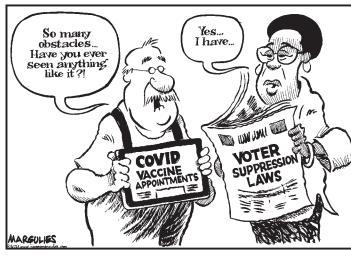
"No ... I thought it would be a good name for my spring

Both women stared at each other's masks, six feet away.
"In that case," Janice said, "I could change it, I guess. If
the locals made jewelry we could call it Spring Bling, but
that just doesn't work too well for paintings, does it?"

Annette nodded. "I know. How about 'A Sprint to Tint.'?"
Janice started the car. "I guess it deserves a bit more thought."

"I know!" said Annette. "Brush Strokes for Folks!" Janice nodded, sadly. Sure will be glad when they get a handle on this pandemic.

Brought to you by the 24,000 helpful folks at Hobby Lob by. Buy little tubes of paint online at hobbylobby.com.





April is Child Abuse Prevention Month

The latest report on child maltreatment fatalities and near fatalities, compiled by the Texas Department of Family and Protective Services, indicates 251 children in Texas died in fiscal year 2020 due to abuse and neglect. That figure includes 28 children who died after being left unattended in hot vehicles.

During Child Abuse Prevention Month, DFPS is encouraging communities to increase awareness of resources available to help prevent child abuse in Texas. Resources are available at getparentingtips.com.

DSHS LAUNCHES TEXAS VACCINE SCHEDULER

With anyone 16 and older now eligible for the COVID-19 vaccine, the Texas Department of State Health Services has launched the Texas Public Health Vaccine Scheduler. It establishes a single place to sign up for a vaccine through multiple public health agencies. Texans can visit getthevaccine.dshs. texas.gov to create a profile.

can visit
getthevaccine.dshs.
texas.gov to create a profile and pick a preferred
day and time for an appointment. In most cases,
people will be matched
with the next available appointment in their home
counties.

People without interpot

People without internet service or who have difficulty using the online registration tools can call 1-833-832-7067 from 7 a.m. to 7 p.m. seven days a work for registratory

week for assistance.

As of Sunday, 7.92 million Texans had been vaccinated, meaning 41 percent of the state's residents have received at least one shot. Some 4.46 million are fully vaccinated. DSHS announced Friday that more than 2.5 million doses of COVID-19 vaccines are shipping out this week — more than double the previous high.

Meanwhile, new COV-

Meanwhile, new COV-ID-19 cases in Texas dropped again compared to the previous week, with 21,754 reported, down



about 20% week to week. The number of deaths dropped to 637 last week, down about 14% from the previous week. Hospitalizations of confirmed COV-ID-19 patients again dropped, to 2,840 state-

MCADAMS APPOINTED TO

Gov. Greg Abbott has nominated Will McAdams to the Public Utility Commission, subject to state senate confirmation. McAdams will join the sole remaining member of the three-person commission, Chairman Arthur D'Andrea, who previously announced his resignation but agreed to stay on until Abbott could appoint new members. McAdams is president of the Associated Builders and Contractors of Texas and worked for legislators for more than a decade in various senior staff positions.

The PUC came under fire after the disastrous electrical blackouts during the mid-February winter storm, since it has supervisory power over the Electric Reliability Council of Texas, which controls the power grid for most of the state. Nearly half of ERCOT's 15-member board has since resigned.

An investigation by the

Houston Chronicle indicates nearly 200 people died in the winter storm, primarily from hypothermia or carbon monoxide poisoning. More than 4 million homes in Texas were without power at the peak of the crisis. As State Rep. Rafael Anchia, D-Dallas, noted in the article, the winter storm death toll was almost double that from Hurricane Harvey in 2017.

HOUSING AFFORDABILITY, HOMELESSNESS EXACERBATED AFTER STORM, PANDEMIC

A Fiscal Notes report from the state comptroller's office indicates median-priced housing in all 10 of the state's largest metro areas is unaffordable to Texans with median incomes. Median income is the point where half the people earn more and half earn less. For example, the median income in Austin in 2019 was \$39,418, according to the U.S. Census Bureau. In Brownsville, it was \$19,432, or less than half of Austin's median. But in both metro areas, a home at the median price
— \$491,000 in Austin and \$167,800 in Brownsville — is unaffordable to families whose annual income is at or below the median. (All figures are from 2019, the

The report notes a strong correlation between homelessness and housing affordability. Red-hot real estate markets in those metro areas have driven up home prices and rents. After a dozen years of decreases in the number of homeless people in the state, the number has risen since 2018. The latest count of individuals experiencing homelessness on a given night accounted for nearly 26,000 in Texas.

DROUGHT CONDITIONS BLANKET TWO THIRDS OF THE STATE

While drought conditions have improved in the northern Panhandle, they have gotten more severe in South and East Texas, with 68% of the state's land now under drought conditions ranging from abnormally dry to exceptional. According to the Texas Water Development Board, for the first time in five weeks the total area of the state affected by drought didn't increase.

NEW FILM SERIES REENACTS KEY MOMENTS OF BATTLE OF SAN JACINTO

To mark the 185th anniversary of the Battle of San Jacinto, in which Gen. Sam Houston and the Texian forces defeated Mexican Gen. Santa Anna to secure Texas' independence in 1836, the Texas Historical Commission is releasing San Jacinto: A Lone Star Shines video series. Every day between April 19-22, the San Jacin to Battleground State Historic Site will release a short digital film depicting key scenes from the battle. Each day's video will premiere at 11 a.m. with encore showings at 3:30 p.m. and 7 p.m. on the San Jainto Battleground State Historic Site's Facebook page, and on the Texas Historical Commission You Tube channel. The films

are free to view.



Nocturnal Negotiations

It's amazing that anyone

I know there are plenty of married and cohabiting couples who have separate beds, or even separate bedrooms, and I can see the logic in avoiding the snoring, the thrashing, the different sleep schedules, and the need to negotiate the complicated issue of bedding.

But since marrying and moving into Peter's house, we have shared a bed, and it is not a large one. So far, we have negotiated a peaceful settlement. This is because Peter has let me have my way.

There were a lot of improvements needed to the bed when I moved in with Peter.

First of all, he had sheets he described as "microfiber." I don't know what these tiny fibers were, but the only fiber I was interested in having in my sheets was cotton.

I don't think (as Peter implies) this makes me a snob. I am not one of those who requires an absurdly high thread count. It was my wise mother who pointed out that a lower thread count makes for a cozier feeling sheet—provided, of course, that it is washed in unscented laundry soap and dried outside on the line.

I once read a story where a woman was ironing her pillowcases. This activity was proof that she was mentally unstable. I did not find the story convincing. I know my mother is of sound mind, and she'll tell you that a pillowcase is a lot nicer after it's been touched up by a hot iron.

Then there was the matter of blankets. Fortunately, we both like a cooler room at night, thus avoiding most of the disputes that happen between couples in the winter months. But Peter's solution was to toss something on top of the bed that was the size, weight and color of a dead seal. That was obviously not going to work.

Once under the fleshy green leviathan, I could hardly breathe, and any kind of temperature adjustment was impossible

"What if I get too hot?" I asked Peter.

"You stick a foot out."

"I stick a foot out of the bed?"

"Yeah."

"How does that help anything?"

"It cools you down."

"It cools down one foot! Now I'm still hot but have a cold foot!"

We replaced the dead sea mammal with several blankets that could be used as needed, and I thought we had reached a nice resolution to the whole bedding issue until we visited Europe. There I saw they had one pillow that stretched across the bed that both sleepers could share.

"Ooh! I want one of those," I thought.

But then Peter decided he wanted a peculiar pillow that supported his neck but not his head and looked exactly like a giant upholstered hotdog. I did not. So the lovely European style pillow idea was scrapped.

And still the nocturnal negotiations continue. Peter (unbeknownst to him, he claims) will migrate over onto my side, forcing me to cling to the edge of the bed to keep from falling out. This wakes me up just enough so I can nudge him. He will, with considerable grumbling, roll back over to his side, at which time I hastily grab whatever territory he has relinquished. It's a nightly challenge in a small bed.

But it's worth it.

Because, as I move into the warmth that he has left behind, I'm reminded every night that he is there beside me, disturbing my sleep and stealing my covers. It's a nightly reassurance that he is near.

Till next time, Carrie

Carrie Classon's memoir is called, "Blue Yarn." Learn more at CarrieClasson.com.



and the

Barbers Hill ★Dayton **PRESS**

GRAFIKPRESS is publisher of community newspapers, including Highlands STAR-Crosby COURIER; Barbers Hill Dayton PRESS; Northeast NEWS; North Forest NEWS, North Channel STAR Combined circulation of these newspapers exceeds 50,000, Readership exceeds 10,000 excerding to industry standards. We also print dozens of school, ethnic, and government publications on contract. Call for information to 713-977-2555.

SUBSCRIPTION RATES: In-county, \$28.00 per year. Out of county, \$35.00 per Year. PO MASTER: Send address changes to Star-Courier, P. O. Box 405, Highlands, TX 77562 News and Ad Phones....713-266-3444 FAY Line, 713-977-1188

News and Ad Phones....713-266-34 FAX Line....713-977-1188 email: grafikstar@aol.com Member Texas Press Association

MILESTONES PAGE



NORMA JEAN SASSER, 82

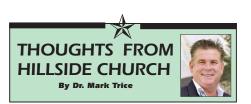
Norma Jean Sasser, 82, passed on from this life on March 24, 2021 at her home in Houston, Texas. Norma was born on January 6, 1939 to parents Ralph Marion and Willie Mae (Magaha) Moore in Jay, Florida. Norma married the love of her life. Clarence, in November of 1961 in Brewton, Alabama, and they enjoyed 59 years of love and marriage together. When she worked, Norma could be found in the cafeteria of Cimarron Elementary School, where she happily worked for 21 years before her retirement. Norma loved being outdoors, whether it was tending to her garden, her flowers, or spending time with her family while camping and fishing. She will be deeply missed by all who were in her life. Norma is preceded in death by her parents; and siblings, Laverne Boutwell, Lilliam Simmons, and Earl Moore.



She is lovingly survived by her husband, Clarence Sasser, Jr.; daughter, Martha Taylor and husband Dutch; siblings, Frank Moore and wife Clara, Jeanette Leach and husband Robert, Rick Moore and wife Foy, Nancy Smith and husband Garv, Gerald Moore and wife Betty; grandchildren, Stacy Whitfield and husband Bo. Rachel Holcombe and husband Michael; greatgrandchildren, Kaigan Jean Whitfield, Taylor

Anne Whitfield; as well as numerous extended family members and friends. Visitation was held on Monday, March 29, 2021 at Carter-Conley Funeral Home from 5:00 P.M. to 8:00 P.M. Funeral services for Norma, officiated by Uncle Buddy Leach, were held the following day, Tuesday, March 30, 2021 in the chapel of Carter-Conley Funeral Home at 11:30 A.M. Graveside services followed at 1:00 P.M. at San Jacinto Memorial Park Cemetery under the direction of Carter-Conley Funeral Home.

Carter * Conley FUNERAL HOME 13701 Corpus Christi St., Houston, TX 77015 713-455-5100 www.CarterFuneral-



The King

After the most absurd year in our generation's history, many churches were open recently and we got to gather (to one extent or another) and celebrate what most call Easter. When you think about that holy week two thousand years ago, and then look at today...

On Palm Sunday, many of the Jews were welcoming Jesus into Jerusalem. He rode into town with his donkey walking on cloaks and palm branches. Jesus was being hailed as a hero. The streets rang with shouts of, "Hosanna to the son of David: Blessed is he that cometh in the name of the Lord; Hosanna in the highest." (Matthew 21:9) Their words were significant. It was understood that "the Son of David" would be the Messiah, the great king they had been waiting for, begging God for. But..

What king were they really looking for? On that day Jesus fulfilled the prophecy, "Behold, thy King cometh unto thee, meek, and sitting upon an ass, and a colt the foal of an ass." (Matthew 21:4-5, Zechariah 9:9-10) Yes, they were shouting and praising, but think of the picture. Was this the warrior king who would deliver them from the rule of Rome? Because such deliverance was surely what they sought.

They were hailing Jesus as the king they wanted, the king tradition had them expecting. When they realized He had no intention of conforming to their plans, most turned their backs on Him. They wanted a king who would overthrow the rule of Rome and set them free to live the lives they thought they deserved. Their vision was so small.

Jesus' intent, His destiny, was far greater. He did not come to meet the need of the moment, to set them free from their current oppressors. He had $come \ for \ something \ vastly \ more \ important, \ something \ eternal; He \ was \ on$ the scene to set them free from the rule of sin so they could live the lives that His shed blood would make them worthy of. They wanted a conquering king, but Jesus was far more than a conqueror: He was-is-THE KING

It's easy to look back and judge that generation, but what about ours? How often do Christians (or would-be Christians) do the same today? Are we willing to accept Him as king only if He chooses to be the king we want, only if He behaves like the king we think we need, only if He's is willing to fit

The holy day we've so recently celebrated is special. It is a time of awakening, a season in which men's hearts are open perhaps more than any other except Christmas. Let us take advantage of it. As our hearts open more to Him, let us truly accept the King that He is. Let us set aside our boxes and presuppositions about who and what He is supposed to be and settle once and for all that in our lives He truly is THE KING.

www.myhillsidefamily.com@myhillsidefamily

San Jacinto Day April 17,

CONTINUED FROM PAGE 1

no refunds.

The San Jacinto Celebration "Under the Star" will be held on April 17, 2021, on the grounds surrounding the San Jacinto Memorial Monument. This is a family-friendly event highlighting the events that led up to Texas winning its independence from Mexico at the decisive Battle of San Jacinto on April 21, 1836.

Enjoy a living "Timeline of the Texas Revolution," showcasing the chronology of the San Jacinto story, with living history demonstrations featuring major events that occurred in Gonzales, the Alamo, San Felipe de Austin, Goliad, and Washington-on-the-Brazos, all of which led to the Battle of San Jacinto and the capture of General Santa Anna. Participatory activities allow visitors to interact with historians as they cook food, check weapons, and engage in the daily routines of Texians from almost 200 years ago.

Attendees are encouraged to visit the San Jacinto Museum inside the Monument. It will be open all day. The fee for this event includes entrance to all museum venues including the elevator ride to the top of the monument, a special exhibit, and the Texas history film.

The celebration will be a full day of entertainment, food trucks, vendors, Beer Garden, petting zoo, picnic on the grounds, fam-



Reenactors will be in Anahuac, April 17. Actors and exhibits will be at the San Jacinto Museum in Deer Park for a Texas Historical Commission celebration.

ilv activities and cultural exhibits amidst living history. A list of activities will updated www.sanjacintomuseum.org.

Public parking lots are located along Vista Road and other marked areas near the monument. Disabled parking is available near the main ticketing area nearest the monument for vehicles, with a disabled placard or license plate required. A map of parking lots will be posted

as the event gets closer.
The San Jacinto Museum of History is the organizer of the event. Our partners in coordinating this event include Texas Parks and Wildlife Department, Texas Historical Commission, Alamo Trust, volunteers from San Jacinto College, and Houston Food Truck Association.

Entertainment: • Penny-farthing rider

 $(1870s\ bicycle)\ and\ juggler$ will entertain all day.

Train will be on hand to thrill and transport our little celebrators.

• Bluegrass musicians to entertain.

• Historical Storyteller will be on hand telling accounts of bravery and triumph while highlighting general leadership qualities. All children who participate will get a balloon.

• Representatives from the Texas Independence Trail will be on-site to tell their site's part in Texas history.

• Local citIes will share their information as part of $the\ Tourism\ Trail.$

• Run-In-Late Band from Brazoria will be performing all day long. They play traditional Texas Country, Pop and Soft Rock, and even some Is-

land Music. Vendor booths offer a large selection of handcrafted items.

Representatives from area chapters of The Sons of the Republic of Texas will be on hand

Greenwade memorial brunch,

CONTINUED FROM PAGE 1

Constable Sherman Eagleton, one of the last people to see and talk with Greenwade alive remembers, "Today makes four years that Asst. Chief Clinton F. Greenwood was so needlessly taken from us. There aren't enough words to adequately express the vacancy someone like Clint

Everyday since meeting him, becoming his friend and then losing him we have strived to become the department and the team

Knowing him made us better, made us want to be the

We honor his legacy by pushing forward, carrying him with us always and accomplishing the goals he set out for us.

Today, like everyday, we miss our friend and his family misses their father and husband. We miss his breakfast "it's not a casserole" casserole, his pranks, his stories and sense of wisdom and his compassion for those fortunate enough to be his friend. We are forever changed and

will never forget." Chief Deputy Kirk Bonsal and Harris County Deputy Chuck Greenwood also delivered orations of remembrance

Greenwood had a distinguished career also serving with Harris County Sheriff's Office in lead investi-gations, administrative positions, as legal council and evidence processing detective.

Body behind Highlands Church,

CONTINUED FROM PAGE 1

When deputies arrived, they found the remains of an unidentified male who they said appeared to have been dumped along the fenceline behind the church. Authorities said the victim had stab wounds and appeared to be a young adult.

The victim's identity is not known at this time. It is also unclear if the victim actually was dumped or was killed at the scene. Investigators said they hadn't found any surveillance cameras in the area. As of late Monday night, they were still on the scene gathering evidence.

If you have any information, contact the Sheriff's homicide office at 713-221-6000 or 713-967-5710.

\$3 million to fight crime,

CONTINUED FROM PAGE 1

ful to Commissioner Adrian Garcia and the entire Commissioners Court for giving our deputies the support they need to prevent violence and thoroughly investigate these cases to keep our county safe.

The plan of action to utilize these funds will be to use recent crime data to identify dangerous hotspots where caseloads are high and staff shortages are most pronounced. Violent Crimes Units will prioritize investigations of repeat offen and organized criminal activity. In addition, the Adult Special Crimes Unit will identify domestic abuse suspects who have not been captured as well as Adult Sex Crimes investigations. The Sheriff's Office will produce reports documenting investigations, charges filed, number of closed cases, and warrants executed during the life of this initiative.

Church Page Sponsors

WESTON COTTEN, ATTORNEY HIGHLANDS

281-421-4050 1500 E. Wallisville Rd. NOT CERTIFIED BY THE TEXAS BOARD OF LEGAL

Siding & **Roof Repairs Mobile Home Skirting**

> Call Mr. Roofer 281-452-0000

STERLING ~ WHITE

FUNERAL HOME & CEMETERY 11011 CROSBY-LYNCHBURG RD. (281) 426-3555 WWW.STERLINGWHITE.COM

"A Tradition of Excellence Since 1824"

Call 713-266-3444 to join to join sponsorship of this page. Thank you.

COVID 19 Testing Sites in NE Harris County

CROSBY David H. McNerney Crosby American Legion Make Appointment (936) 333-3333 ; walk ups welcome 8 a.m. until 6 p.m. Mobile

or On-Site Testing Texas Mobile Medical Labs Crosby ISD

Apt. Necessary (281) 328-9200 14670 FM 2100 Crosby, Urgent Care MDs

No appointment needed 9 until 9 14405 FM 2100, Crosby (832) 821-9780

Neighbors Emergency No appointment needed 14120 FM 2100, Crosby,

(281) 328-7770

Crosby Community Center (when open) 409 Hare Rd., Crosby, TX (281) 462-0543

Nova Medical Ctr. Apt Req. (713) 453-7788 13469 East Freeway, Houston, TX 77015

HIGHLANDS (Go to either Baytown or Channelview)

Open 8:30 a.m.

(281) 452-7184 Appointment Req

Urgent Care MDs Located in the DOW Medical Park

HIJEEMAN Care Now Urgent Care No Appt. Necessary Humble (281) 397-5258

No Appt. Necessary Atascocita (281) 570-6856

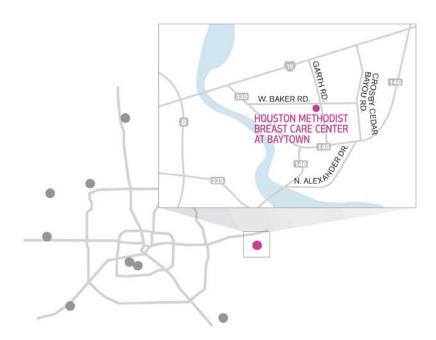


Early Detection Saves Lives

We know balancing life may be challenging right now, but getting your annual mammogram is still a priority — especially since early detection saves lives. At Houston Methodist Breast Care Center in Baytown, our specialists recommend women get an annual mammogram starting at age 40 — or younger, if you have a family history to help detect changes earlier.

Our Breast Care Center offers:

- The latest diagnostic technology: 3D mammograms, breast ultrasound and breast MRIs
- Board-certified breast imaging radiologists
- Acceptance of most major insurance plans
- Enhanced safety measures to keep patients safe during the COVID-19 pandemic





Visit houstonmethodist.org/breast-care or call 346.292.PINK (7465) to schedule your mammogram today. We do not require a doctor's order for your annual screening mammogram.



CLASSIFIED

Call 713-266-3444

Your AD will reach up to 50,000 readers in our FIVE newspapers, with a combined circulation of 25,000 copies. Get ACTION on your AD. Rates start at only \$16 for 20 words. A bargain!

FORE RENT

DUPLEX FOR RENT

2 Bedroom, 1 Bath, in Galena Park. Call 281-389-6567

PROPERTY 3 Bedroom, 2 Bath Fenced Yard. Fenced Located in Nelson Addktion, Highlands \$1400/month. Call

281-705-9640

FOR RENT

A/C & APPLIANCE **SERVICES** REPAIR

J.D. FENCE

We install & repair All Major Brands. Infences. All types of chain link, wood Home Service, 20 yrs. experience. Reparo ornamental and iron. Free estimate. Small electrodomesticos. jobs welcome. Call todo tipo de modelos. Call Mario, Jose 281-221-0637. 713-291-8286.

WELL SERVICES SERVICES

PARTS PRINTING & SERVICES MAILING

R.F. Hull Water Well - Pump Service. 281-442-5630.

LEGAL NOTICE

LEGAL NOTICE

Full Service Marketing Services.

713-977-2555

NOTICE TO CREDITORS

Notice is hereby given that Original Letters Testamentory for Docket No. 491783; Estate of RICHARD E. CONTRERAS, SR. Deceased: In Probate Court No. 3 of Harris County, Texas, were issued on MARCH

RONALD E. CONTRERAS

The residence address of the administrator is in Harris County, Texas. The mailing address is:

> c/o Weston Cotten 1500 Wallisville Road Highlands, TX 77562

All persons having claims against this Estate which is currently being administered are required to present them within the time and in the manner prescribed by law.
Dated this APRIL 5, 2021.

Destrictedon

Attorney for the Estate



LEGAL NOTICE

RENTAL

17-4140 Notice of Election (2/92) Prescribed by Secretary of State Sections 4,004, 83,010, 85,004, 85,007, V.T.C.A., Election Code

NOTICE OF GENERAL TRUSTEE ELECTION

To the Registered Voters of Barbers Hill ISD, Chambers County, Texas:

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., on May 1, 2021, for voting in a general election, to elect three trustees for a full three-year term, electing one trustee each for positions designated as Places 5, 6, and 7.

LOCATION OF POLLING PLACE:

Precincts 4, 5, 8, 10, 11 and 15

C. T. Joseph Conference Center Barbers Hill ISD 9600 Eagle Drive Mont Belvieu, Texas 77580

Early voting by personal appearance will be conducted each weekday at:

Barbers Hill ISD C. T. Joseph Conference Center 9600 Eagle Drive, Mont Belvieu, Texas 77580

between the hours of 8:00 a.m. and 4:00 p.m., beginning on April 19, 2021 and ending on April 27, 2021. On April 20 and April 27, 2021 early voting hours will be extended from 7:00 a.m. to 7:00 p.m.

Applications for ballot by mail shall be mailed to:

Barbers Hill ISD, c/o Lesa Hall P. O. Box 1108 Mont Belvieu, TX 77580

Applications for ballots by mail must be received no later than the close of business on April 20,

Issued this the 18th day of January, 2021.

AVISO DE ELECCION DE ADMINISTRADOR

A los votantes registrados del Barbers Hill ISD, Chambers County, Texas:

El aviso se da por este medio que los lugares de la interrogación enumerados abajo estarán abjertos de 7:00 a.m. a 7:00 p.m. el 1 de mayo de 2021 para votar en una elección general para elegir a tres administradores para un término de tres años completo, eligiendo a un administrador cada uno para las posiciones señaladas como lugares cinco (5) seis (6) y siete (7).

Precintos Electorales del Candado de Chambers Lugar de votación

Precintos 4, 5, 8, 10, 11 y 15

C.T. Joseph Conference Center Barbers Hill ISD 9600 Eagle Drive

Mont Belvieu, Texas 77580

La votación en adelantada en persona se llevará a cabo de lunes a viernes en

Barbers Hill ISD C. T. Joseph Conference Center 9600 Eagle Drive, Mont Belvieu, Texas 77580

entre las 8:00 de la mañana y las 4:00 de la tarde empezando el 19 de Abril de 2021 y terminando el 27 de Abril de 2021. El 20 de Abril y 27 de Abril 2021 horas de votación temprana se ampliará de 7:00 am a 7:00 pm

Las solicitudes para boletas que se votarán en ausencia por correo deberán enviarse a:

Barbers Hill ISD, c/o Lesa Hall P. O. Box 1108 Mont Belvieu, TX 77580 lhall@bhisd.net

Las solicitudes para boletas que se votarán en ausencia por correo deberán recibirse para el fin de las horas de negocio el 20 de Abril de 2021.

Emitada este día 18 de Enero, 2021

Fred Skinner, Vicepresidente de la Junta de Síndicos

A Smarter **Way to Power** Your Home.

GENERAC

PWRCELL

SOLAR + BATTERY STORAGE SYSTEM



TRANSFORM YOUR **BATH OR SHOWER** IN AS LITTLE AS ONE DAY



NO PAYMENTS & NO INTEREST

FOR 18 MONTHS 3-401-2015



SHOP LOCALLY -- Save Time & Money

Business Directory

SHOP LOCALLY -- Save Time & Money



281-428-1187 1-800-345-8471

Sales & Repair Service Baytown, Texas John Henderson 628 Cedar Bayou Rd.



MR. ROOFER

281-452-0000

P.O. Box 914, Channelview, TX 77530

CERTIFIED CONTRACTOR
• Repairs • Painting • Hardi Plank Siding
• Mobile Home Skirting

JOHNNY GAEKE OWNER-INSPECTO

911 S. MAIN HIGHLANDS TX. 77562





FILL DIRT **BANK SAND** ROADBASE LIMESTONE

WE DELIVER TO YOU (281)843-5000



Graphics Unlimited, Inc.

Signs & Banners

281-462-1200

www. graphic sunlimited inc. net

213 Kernohan • Crosby, TX 77532





Barbers Hill Dayton

Serving Mont Belvieu, Dayton, Baytown and surrounding communities since 1995

VOL. 26, NO. 14-50¢

© Copyright 2021

THURSDAY, APRIL 8, 2021

MONT BELVIEU. TEXAS 77580

ON THE HILL

Probe into Chambers Co. HR Department

In response to recent developments. Chambers County Commissioners Court is initiating an independent audit of the Chambers County **Human Resources** Department.

The purpose of the audit is to address all areas of the department's responsibilities. including but not limited to: employee data security, payroll, unemployment claims, personnel issues, worker's compensation claims, pension funds and any other related functions of this department.

This is an ongoing investigation and no further comment will be issued. --Samantha

Humphrey Public Information Officer

West Chambers Chamber News Eagle Open Golf **Tournament**

Date: April 16, 2021 Time: 8:30 AM - 4:00 PM CDT

Event Description: Our Annual Eagle Open Golf Tournament will be held on Friday, April 16, 2021! Stick around for a Crawfish Boil provided by the City of Mont Belvieu.

Event Sponsors: Bruce Temporary Services

City of Mont Belvieu Lone Star NGL Mont Belvieu L.P.

ExxonMobil Mont Belvieu Plastics Plant Gallant Builders Targa Resources Community Toyota, Community Honda,

Community Kia LANXESS Corporation **Enterprise Products** Operating LLC

Purcell Construction, Inc. **Barbers Hill Bank**

Eagle Pointe Golf Club Mont Belvieu, TX Date/Time Information: Friday, April 16, 2021 8:30AM - Registration & Breakfast 10:30AM - Shotgun Start Contact Information: Ashley Wells Please contact the Chamber office, 281-576-5440 or Ashley@thewccc.com for your reservation.

Hospital breaks ground for new Tower

BAYTOWN - (March31, 2021) - Following several months of site preparation, Houston Methodist Baytown Hospital held a groundbreaking ceremony on Friday, March 26 for its new five-story patient tow-

The groundbreaking ceremony was attended by hospital board of trustees members, community leaders and hospital leadership. The facility is scheduled to open in spring 2023 and will expand the hospital by 75 beds, including medical/surgical, intensive care unit (ICU) and women's services beds.

"This new, state-of-theart facility will further expand Houston Methodist Baytown Hospital's ability to serve our community and meet the growing demands of Baytown, east Harris, Liberty and Chambers counties," said CEO David Bernard. "Houston Methodist Baytown has served our community since 1948 and we are excited to enhance our services and open our new facility on our 75th anniversary."

Along with the additional bed capacity, the facility will include a new pharmacy, kitchen and dialvsis unit, as well as other needed infrastructure. The building's projected



Hospital board members and leadership on hand for the ceremony were (from right) Jennifer Vera, assoc. chief of nursing; Becky Chalupa, chief nursing officer, Tommy Clements, board member: RD Burnside, board member, Pete Alfaro, board member, Gilbert Santana, board chairman; David Bernard, CEO; Richard Peebles, board member; Wayne Baldwin, board member; Mary Hartman Brown-Cody, board member; Gary Schmidt, board member; Walter O'Hara, MD; George Colon, director, spiritual care; Adrienne Joseph, VP/COO; Laurie Terry, admin. director.

2023 completion date coincides with the 75th anniversary of the April 29. 1948 founding of Houston Methodist Baytown Hospital.

"For over seven decades now, the residents of our community have trusted the excellent doctors and nurses of Houston Methodist Baytown Hospital.' said Gilbert Santana, Houston Methodist Baytown Hospital board chairman. "This new patient tower continues the hospital's commitment to providing the finest medical care and services.'

a \$250 million facilities master plan begun in 2017 that includes the new and expanded emergency department, outpatient center, Houston Methodist Cancer Center at Baytown facility, new parking garage, central utility plant and numerous infrastructure enhancements.

"Houston Methodist Baytown always grows with the needs of our community, and these new facilities allow us to expand our services and continue providing unparalleled safety, quality, service and

The new tower is part of innovation to our community," Bernard said. "The additional beds and cutting-edge technologies the new tower provides gives area residents access to world class health care and services close to home and we look forward to opening

Since its opening in 1948, Houston Methodist Baytown Hospital has provided excellence in patient care with expertise in specialties such as emergency services, stroke care, cancer, heart and vascular, orthopedics and sports medicine, imaging, and a

comprehensive network of virtual care, specialists, primary care physicians and much more. Its commitment to serving Baytown and the surrounding communities continues during the COVID-19 pandemic, with the hospital providing advanced care for COVID-19 patients and delivering thousands of vaccines in its role as a vaccine hub.

About Houston Method-

ist Baytown Hospital Houston Methodist Baytown Hospital has provided Baytown and east Harris, Liberty and Chambers counties with quality medical care since opening its doors in 1948. The hospital has grown throughout the years with the community, providing comprehensive care at all stages of life. As a health care leader, the hospital is proud to have a fully integrated residency program focused on educating and inspiring future practitioners. Today, Houston Methodist Baytown provides some of the most advanced and innovative procedures while never wavering from its focus on compassionate and patient-centered care. Houstonmethodist.org/

Three charged in Liberty County murder

LIBERTY COUNTY-Partially burned remains and confessions of murder tie at least three people to the case of a 16 - year old boy missing from Harris County since March 12.

Randy Norlan Salinas, 26, of Channelview, Cade Cates, 23, of County Road 3015 and his girlfriend, Kathryn Alexander of Dayton, are charged with murder according to Capt. Billy Knox of the Liberty County Sheriff's Office Criminal Investigation Division Cates is said to be the half brother of the victim.

Liberty County Sheriff's Office garnered information from a variety of sources before an March 28 telephone call saying the r was a family mem



CODY ADAMS

"We would like to keep Cody's photo and name out there until all that were involved are brought to justice. He was a beautiful child with a huge heart and we will forever be at a loss without him in our lives. We ask anyone with any information on anyone else involved to please come forward," states the family.

ber and had learned that Cody Adams had been killed and his body buried near CR 3015.

A preliminary search of five acres found nothing and a search warrant was required to search further. Later a joint investigation between the Liberty County Sheriff's Office and the Ťexas Rangers located a burn pile near the resiof Cade Cates near CR 3015.

The search with warrant found a gruesome detail of a male body, partially burned and thrown into a pile of flam-

Ms. Alexander was allegedly present when the murder transpired and helped with the attempted

cover-up. She was taken to Liberty County Jail.
Capt. Knox said that

Cade Cates was initially arrested on a robbery warrant not associated with this murder case and Harris County Precinct 3 Deputy Constables brought Randy Salinas to the Liberty County Sheriff's Of-fice where both men were interviewed regarding the remains found buried and burned.

There was enough evidence discovered in the investigation to warrant a charge of murder on both Salinas and Cates and they were arrested and placed in the Liberty County Jail.

At that time no clear notive had been estab-

lished. Liberty County Precinct 4 JP Larry Wilburn conducted the inquest and ordered the autopsy identification of the body is pending DNA testing.

"Some of the details at this point, we're not at liberty to release. Other than the fact it is probably go-ing to be drug-related."

said Captain Knox.
The missing persons and murder case is still under investigation and the Liberty County Sheriff's Office and the Texas Rangers are still looking for information and re quest that anyone with relevant and additional information come forward to help with the understanding of this case.

What is Perimenopause?

BAYTOWN - (March26, 2021) - For many women, menopause, or the cessation of menstruation, is preceded by a three- to 10-year transition known as perimenopause.

"Although no two women experience perimeno-pause the same way, the onset of any of these symptoms is a signal that your reproductive years may be oming to an end," said Dr. Faith Ighoyivwi, an obstetrician-gynecologist with Houston Methodist Baytown Hospital.

Menstrual Irregulari-

If you could always predict the onset of your period, irregular bleeding is a telltale sign of perimenopause. Your periods may begin arriving haphazardly, be longer or shorter, lighter or heavier, or per-haps more painful than

Keep a journal to record irregular periods. Noting any new patterns in your cycle can help your health care provider determine what kind of treatment, if

any, may be appropriate.

Hot Flashes

"During perimenopause, your body's estrogen production begins to taper off. In response, the pituitary gland releases bursts of luteinizing hormone," Ighovivwi said.

Hot flashes can last from a few seconds to a few minutes. Your face, neck and chest may redden, and your body temperature may rise slightly. At night, hot flashes may disrupt sleep. Tips to ease hot flashes and improve sleep include:

• Dressing in layers and

keeping your bedroom cool.

• Practicing yoga or tai



DR. FAITH IGHOYIVWI

chi to help you relax. • Meditating or practic-ing deep breathing exercis-

• Limiting or avoiding energy drinks, caffeine, alcohol, smoking and spicy

If hot flashes continue to disrupt your life, talk to your health care provider about nonhormonal treatment options.

Less estrogen causes

the vulva and vagina to become less elastic. Vaginal tissues also become drier and thinner, which may cause burning and itching. As a result, perimenopausal women may have discomfort, possibly even bleeding, during intercourse."A water-based lubri-

cant may help relieve this discomfort, or your provider may prescribe an estro gen cream," Ighoyivwi explained.

Mood Swings, Brain Fog Interrupted sleep may cause irritability and mild depression. Some women may also experience problems remembering or concentrating.

Talk to your health care provider if you're experiencing these or other changes. Although perimenopause will be the likely reason, they can rule out any other underlying conditions.

The onset of perimenopause is an indication that menopause is coming. Use this knowledge to work with your health care provider to make decisions about this next life stage, such as:

• Evaluating your bone health with a bone density scan so your provider can identify and treat bone loss

as you age.

• Understanding your heart health to learn what steps you can take to prevent or address problems that could lead to a heart attack or stroke.

• Continuing to use contraception until vou no longer have a period for one year.

• Preparing emotionally for the transition to postmenopause